

A Study and Innovations of The Punch Needle Tools and Techniques as an Art Therapy Methods for Mild Depression Amongst Youngsters

Nurul Farah Shazleen Sarajuddin, Rose Dahlina Rusli

Faculty of Art & Design Universiti Teknologi MARA (UiTM) Shah Alam 40450, Selangor

*Corresponding Authors Email Address: farahshazleen14@gmail.com

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Abstract

Punch needle is another embroidery tool that uses a hollow needle to create loops of thread on fabric. It is also known as thread painting for the texture and complexity of the design and this technique. This art and tool are easy to handle and cool stuff can be created with it. This punch needle has various sizes for the needle and the same goes for the thread to fit in and punch through the cloth. With this exploration and experiment of samplings, such as the pattern, shape, and colour, the researcher can finalise the respondent's excellent quality and search some motivational words to build up confidence as art therapy. Art therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change. The researcher will design the tools, so it is easy to purchase in Malaysia because the tools are mostly only available overseas, and the price is not reasonable and makes it difficult for others to invest. Next, people with mild depression should use an alternative like this as a kind of art therapy for themselves. The objectives are to establish the punch needle as an art therapy method in conveying mild depression and develop an interest in punch needle embroidery amongst youngsters through pattern design—the methodology for this proposal by combining analysis and data, both quantitative and qualitative. The target of this research is to focus on youngsters having mild depression. Punch needle embroidery is as another method of art therapy for them to overcome the illness. The researcher will be collecting the data by interviewing a psychologist and with an embroidery artist, and punch needle artist as well. It is also by doing some online survey through google form and collecting 100 respondents according to this issue. The respondents give some idea for the pattern or some motivational words that can make them feel stronger and brighten their day.

Keywords - Art therapy, mild depression, punch needle embroidery, youngsters.

1. Introduction

Punch needle embroidery is one example of textile art that can be practiced and can be experimental because it is a very simple tool and it is easy to create some crafts. It consists of a hollow, metal needle with an eye through which to thread the yarn. Choose a punch needle tool that is comfortable to use and easy to control. Punch needle tools come in different sizes to accommodate different weights and types of fibres. There are two main types of punch needle tools that can be found through online shopping that are small in size to use with embroidery floss and a larger scale to use with rug yarn.

Arounna Khounnoraj has revitalized the craft of punch needle, giving this forgotten art a modern twist. Each piece highlights Arounna's beautiful botanical and abstract pattern work and combinations of stitches, which bring this age-old technique bang up to date. According to Khounnoraj (2019), "punch needle seemed like the perfect craft; a textile art that represents imaginary, with natural organic softness, and an approach that feels you are drawing with yarn."

Next, art therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change. This is proven that two systematic reviews on art therapy (AT) and depression indicate that, for an all-ages sample, art therapy has been utilized successfully (Blomdahl et al., 2013) and presents a cost-effective treatment model for mental health symptoms (Stevenson et al., 2015). Depression is a serious mental health issue in today's world. It occurs in all age groups and in all parts of society. It affects one fourth to one-third of women and one-sixth of men sometimes in life. The American Art Therapy Association defines art therapy as the therapeutic use of art-making, within a professional relationship, by people who experience illness, trauma, or challenges in living, and by people who seek personal development (Betts, 2009).

Research indicates that art therapy contributes to recovery from mental illness, enhances perceived control and sense of self, promotes personal change, improves one's ability to meet demands in daily life, and strengthens the individual's own boundaries. (Gunnarsson & Eklund, 2009; Oster et al., 2006; Perruzza & Kinsella, 2010; van Lith et al., 2011). The positive effects of art therapy can be transferred into daily living and improve well-being, self-affirmation, and changes in routines (Daher & Haz, 2011). There are also indications that art therapy performed in different clinical conditions decreases symptoms of depression (Gunnarsson & Eklund, 2009; Maujean et al., 2014).

In this research, punch needle embroidery will be a tool of experimenting as an art therapy method for youngsters that having mild depression. With the punch needle as a tool and technique, the researcher will try to find out if it is suitable to overcome mild depression in youngsters. Punch needle seemed like the perfect craft as in textile art that represents imagery, with natural organic softness, and an approach that feels like you are drawing with yarn said (Arounna, 2019) in her book entitled Punch Needle.

2. Methodology

First and foremost, in combining analysis and data of both quantitative and qualitative, the researcher gains in scope and depth of understanding and corroboration, thus offsetting the strengths inherent in using each method on its own. According to Creswell, J. (2008), with both quantitative and qualitative data, together provide a better understanding of the research problem than either type by itself. Some of the most beneficial aspects of performing work using mixed methods is the probability of triangulation, i.e., the use of various means (methods, data sources, and researchers) to investigate the same phenomenon. Triangulation helps one to define elements of a phenomenon more precisely by using various approaches and strategies to approach it from different perspectives. Effective triangulation involves careful examination, including its strengths and limitations, of the type of information given by each system.

The data from the questionnaire and the process of the artwork, focus group and survey that imply with the research that there is a difference in the types of ways to develop the design of the artwork that needs to be discovered and the colour that can attract the mild depression that could bring calmness in their life. The researcher needs to know what suitable design for young adults that are diagnosed with mild depression and how they can overcome their mild depression with it.

In this research methodology, the researcher introduces the method of study approach and concentrate with the method to use in this study. The research consists three sections:

- i. Primary data
- ii. Secondary data
- iii. Data analysis

It will contain the primary data which covers interview, questionnaire, experimental and visual documentation and for secondary data discover the journal, article and internet for references. Next, the data analysis, results, and design process.

3. Theoretical framework

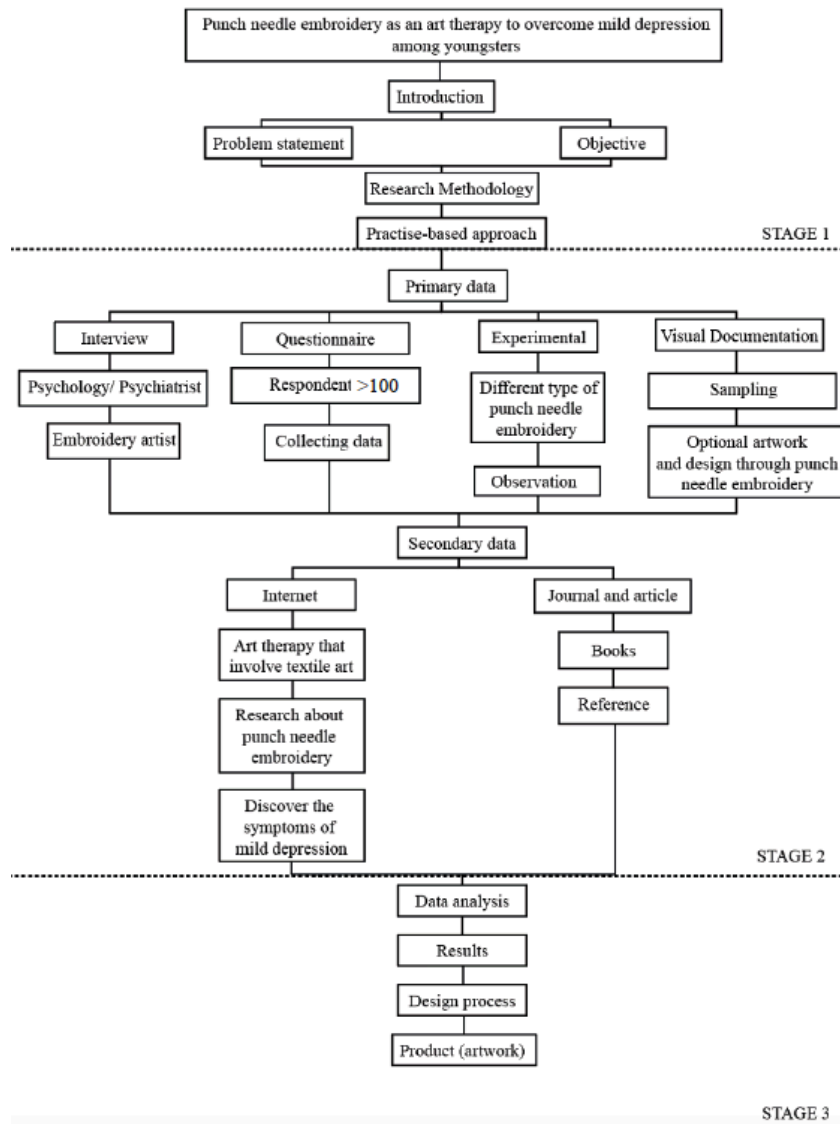


Figure 1. theoretical framework of the proposal.

4. Project outcomes

The pilot survey is even necessary for this research, and 103 respondents will take for collecting data. Then, the researcher focuses on the youth to respond to the questionnaire to create awareness about mild depression and let them know more about punch needle tools as another method as art therapy and also essential to take some data from them and can create a lot more ideation for the design process.

The experimental in a different type of punch needle tools and technique will be analyzed to attract the mild depression amongst youngsters, such as the suitable design that is minimalist, etc. and make some observation. The researcher gets to develop proper equipment to produce punch needle embroidery tools. Then, the sampling of the optional artwork and design through punch needle embroidery will observe by collecting from the mild depression among youth survey.

The researcher makes a sample of punch needle embroidery and finds the problem statement and the objective in this research proposal then the research methodology that is suitable with the case in stage 1. From this, the researcher can make optional artwork and design through punch needle embroidery also can discover the problem in punch needle embroidery to make it another option as an art therapy towards mild depression. The objectives are to establish punch needle embroidery as one art therapy method in conveying mild depression. Then, to develop an interest in punch needle embroidery amongst youngsters through images and motivational words.

From this, the researcher will explore the tools of punch needles to create and know what the best material and also the suitable shape of the tools is. In this case, the researcher focuses on the best grip of texture and the stylization being on the punch needle tools.

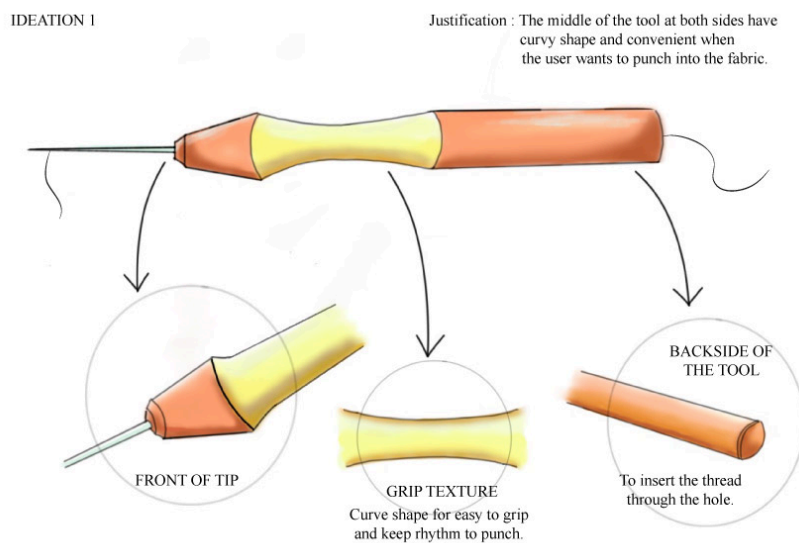


Figure 2 shows the ideation 1 of the punch needle tools.

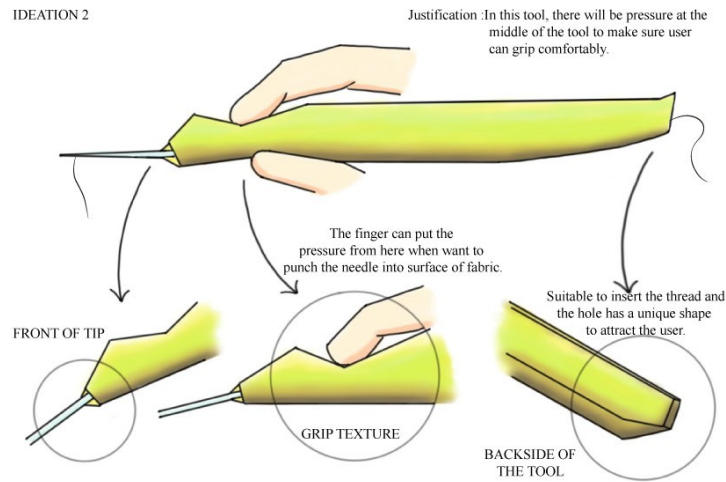


Figure 3 shows the ideation 2 of the punch needle tools and the grip texture.

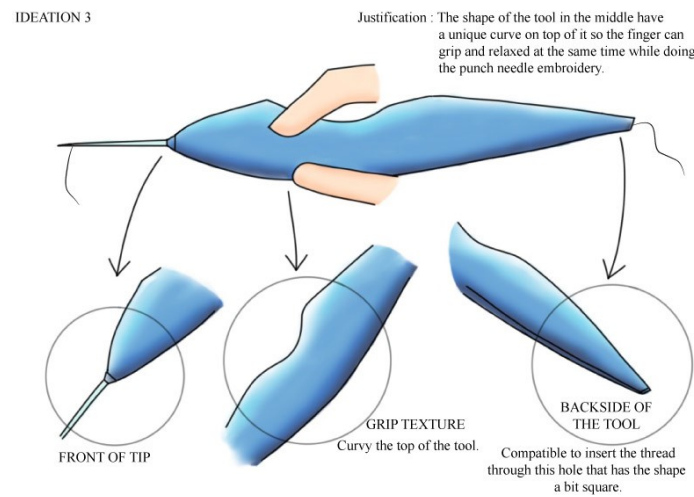


Figure 4 shows the ideation 3 of the punch needle tools and the shape of the tools.

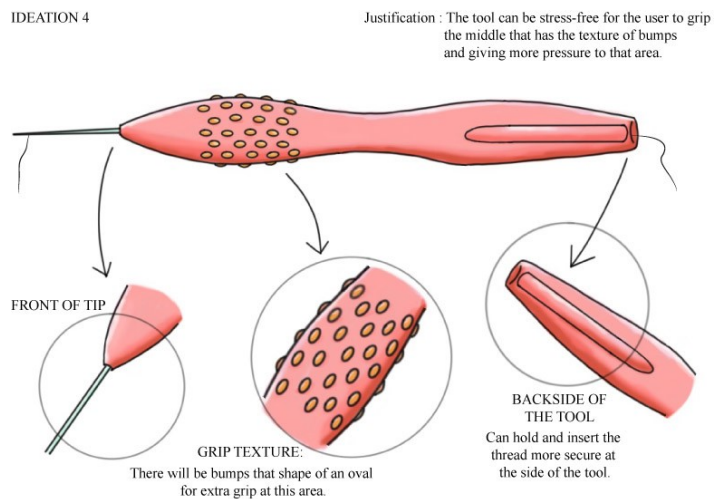


Figure 5 shows the ideation 4 of the punch needle tools and the tool can be user friendly.

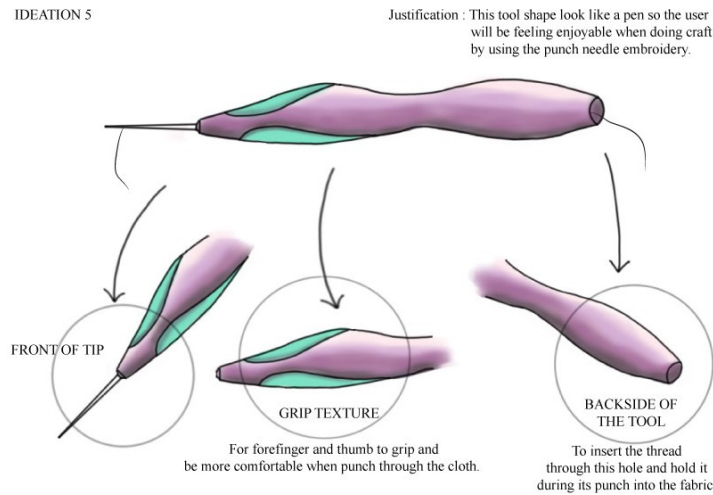


Figure 6 shows the ideation 5 of the punch needle tools and the justification of the tools.

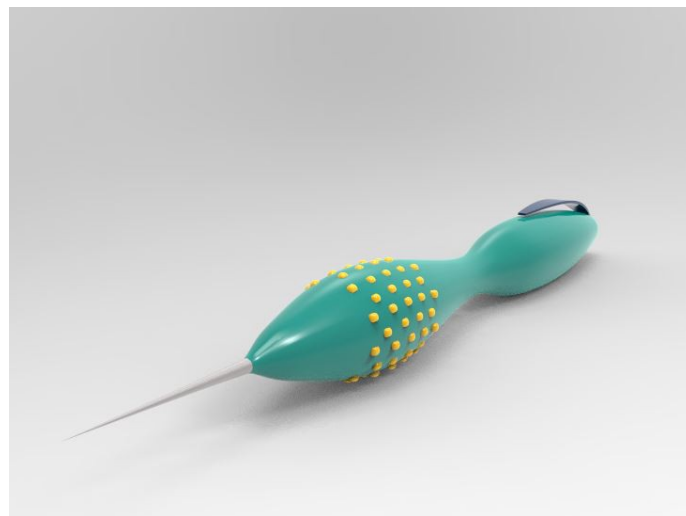


Figure 7 shows 3D modeling of punch needle tools in front view.

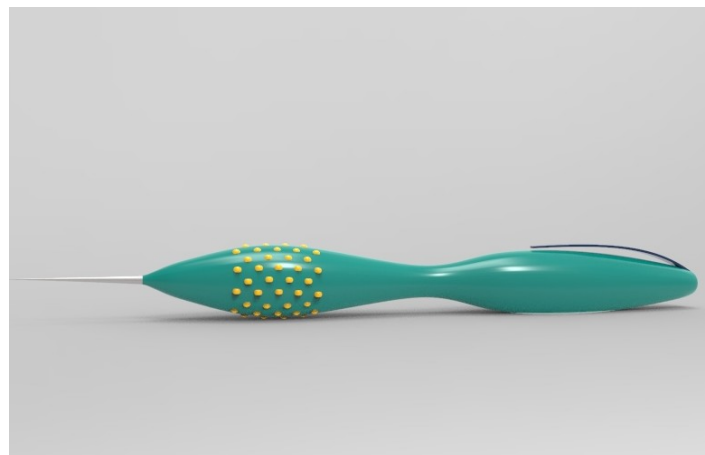


Figure 8 shows 3D modeling of punch needle tools in side view.

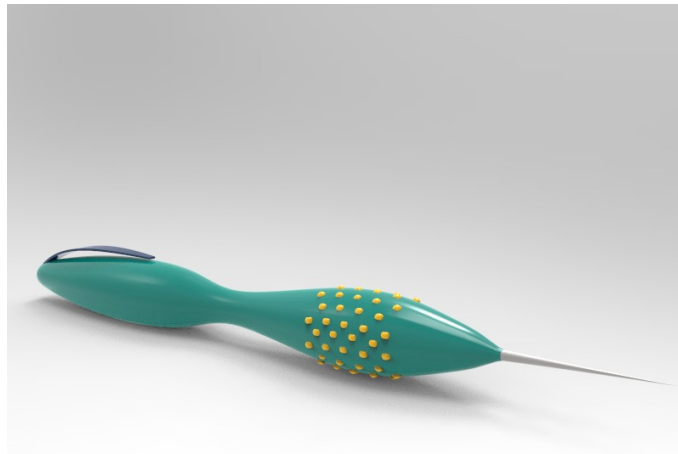


Figure 9 shows 3D modeling of punch needle tools in left side of view.

5. Conclusion

In conclusion, of all the ideations, the researcher focusing on the outcome of the tools that can produce with the design also can create good artwork. It will give a relaxing moment when doing the punch needle embroidery for the users. The tools can be stress-free for creating some artwork and a form of art therapy. A different design has been constructed and every type of tool has a different structure of tools that can attract users. It also gives other benefits when the researcher has done the experimental one by one of each tool's experiments.

Next, all the collecting information from the experience and empowerment people amazed the researcher and gave so much knowledge about the proposal. It can also support much more with the project that consists of mild depression and art therapy. The psychologist knew that art therapy is for certain people into art and those who want to try it as a new experience.

From the talented artist from embroidery artists and punch needle embroidery artists, they give a lot of input and share more about themselves as artists and respond to art therapy through embroidery. They also agreed that embroidery could be one of the art therapies to overcome mild depression, not immediately heal mental health. Still, time by time of feeling despite sorrows can help the person feel distanced from the negativity and focus on the art to make fun with embroidery and explore.

Then, The President of the Malaysian Expressive Arts Therapy Association (MEATA), Prof Mohd Makzan Musa, a lecturer from the School of Applied Psychology, Policy & Social Work, Universiti Utara Malaysia, built the association in 2012 to spread awareness for the society to get noticed and known. Remarkably, the community can get experience art therapy in Malaysia. For this proposal, the researcher and the supervisor has been recognized and presented in 9th INDES 2020 and received a certificate of an award that is Aspiring Innovator Award.

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I highly appreciated my supervisor, En. Akif Basri, psychologist at Psychology dan Rehabilitation Atfal Jannah who is willing to share and spend time to be interviewed with me about getting some of the information from experienced and knowledgeable also I would like to thanks to those who participate answering my questionnaire through online survey because due to Movement Control Order (MCO) and the Coronavirus-19, There are two embroidery artists and punch needle embroidery artist that have shares their experience as an artist. President of the Malaysian Expressive Arts Therapy Association, that is Prof. Madya Mohd Mahkzan Musa. Additionally, I would also like to thank to my family. Last but not least, to my helpful colleagues for their advice and willingness to share opinions for me to expand the scope of presentation and also the commitment throughout the process of completing the assignment.

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